## ABSTRACT

A press forming method is disclosed, wherein press forming can be effected at high speed while maintaining the horizontal state of a slide plate in press forming a work-piece by a press machine. A press machine is used in which the slide plate is pressed by a plurality of drive sources using servo-motors for driving. The speed of one of the plurality of drive sources is set to a target speed for production forming for the drive source, and by using a function that shows a delay in terms of a speed of the drive source and a load thereon and also using a load separately found, the respective speeds of the drive sources are found so as to eliminate the delay between the drive sources. Trial forming is repeated on the basis of the thus found speed to derive conditions that enable press forming at high speed while maintaining the horizontal state of the slide plate.